**WU** 3-2-1-1 ~ f8:15pm [700]  
 **Station 1: Ln1-2:** Fly Tech w/ Dave ~15min

**Station 2:** **Ln 3-4** ~15min

100 Free : Build by 25  
100 Free : Fast  
2X { 4 X 50 all Chc/Str (not free)  
 1) Dr/Sw by 25  
 2-4) Sw: Desc 1-3 (Med-Fast, Fast, Fastest):15sR }  
6 X 50 Fr : @ 1:00 interval or better (or best interval no more than 10sR after 1st one)

**Station 3: Wave:** ~15min   
repeat {   
 100 Br Pull  
 100 K Chc  
 200 chc scull  
 100 K Chc }